



ATHENAEUM
SPA
at Corinthia

Athenaeum's Spectacular Spa Makeover

The Corinthia Palace is where one goes for tranquillity and luxury in the heart of Malta. And now, with its renovated and expanded spa, visitors are in for a health and wellbeing experience like no other on the island.

There's no two ways about it: life is hectic. When we're not madly typing out emails, lengthening to-do lists and keeping track of our projects and teams, we're running errands, making calls and trying to get to the gym. It's all a bit much. And all the while, what we crave most is time: time to reflect, refresh our minds and nurture our bodies.

Malta's newest and most luxurious spa is just the ticket. The reimagined Athenaeum is more than your average spa. Here, every visitor steps into a carefully curated wellness experience – a tailored journey in pampering your senses and restoring your wellbeing. From the moment you enter to when you walk away, this is your escape.

But let's get right to the essentials: all guests at Athenaeum Spa will have access to state-of-the-art facilities that include a thermal Vitality Suite home to a Vitality Pool, heated marble beds, a sauna and steam room, nail bar, seven treatment rooms, a relaxation

lounge and terrace, an indoor pool with a jacuzzi and a large outdoor pool.

Best of all, though, are the ESPA treatments. Since opening its doors in 1989, Athenaeum Spa has been a trailblazer in Malta's luxury health and wellness sector. And it continues to lead the way by bringing the world-renowned, luxury skincare brand ESPA to the island. ESPA products offer a profoundly sensorial experience and provide visible benefits for the health and beauty of your skin.

"In partnership with ESPA, Athenaeum offers luxury products and treatments that make the most of natural ingredients and Maltese healing traditions," says Adrian Attard, Corinthia Palace's General Manager. "All treatments on the menu have been carefully crafted to offer relief from today's high-pressured lifestyle. Guests are invited to let go of tension and feel enriched, inspired and revived."



Focusing on wellbeing as a journey, Athenaeum's holistic philosophy is encased in a four-million-euro renovation project. The spa is set in a Mediterranean citrus and herb garden and has been personalised to radiate local character, historic traditions and Corinthia Palace's unique architecture. While Athenaeum joins a portfolio of other famed ESPA spas – including the flagship ESPA Life at Corinthia London, the Royal Spa at Corinthia Budapest and The Spa at Corinthia Lisbon – its ethos, culture and heritage are firmly its own.

"The award-winning design team at Goddard Littlefair in the UK, who worked on the Corinthia landmark hotel in London, as well as Malta-based Quality Projects have created a celebration of the form and grandeur of authentic Maltese architecture," says Mr Attard. "The seamless indoor-outdoor experience

celebrates local artisans and the serene Mediterranean environment. The spa has been transformed into an idyllic spot in which to focus on body and mind."

Athenaeum Spa and Corinthia Palace itself are an oasis in the centre of Malta. This is where you can get together with family and friends to concentrate on yourselves and each other. To make a full day of it, start with brunch at the grand Villa Corinthia, then forget about life at Athenaeum and, later, treat yourselves to Afternoon Tea and even a Far Eastern dinner at Rickshaw. And if you're really looking to impress, a five-star overnight stay is at your fingertips.

For more information on Corinthia Palace or Athenaeum Spa, visit www.corinthia.com/palace, @corinthiapalace on Twitter, @athenaeumspamt on Facebook and @athenaeum.spa on Instagram.

THE LAP OF LUXURY AWAITS



Every detail of the newly rebuilt Athenaeum Spa has been designed to offer guests tranquillity and impeccable service in a luxurious Mediterranean setting.

The reopening of the new-and-improved Athenaeum Spa at Corinthia Palace comes at an ideal time. Here is the perfect antidote to a year that seems keen on surprising us with less-than-pleasant news at every turn.

Corinthia Palace's renowned spa has been redesigned to create an atmosphere of calm and relaxation. Switch off your phone, lie back and let Athenaeum's experienced staff take care of the rest. Alleviating every guest's unique wellness and beauty concerns is the goal, so the spa has curated exclusive therapies using world-renowned skincare brand ESPA.

Your journey begins in one of the seven treatment rooms – or perhaps the couple's suite if you visit with a loved one. An excellent place to get your therapeutic relaxation started would be an ESPA Mindful Massage, Inner Calm Massage or Scalp Massage. If you prefer combining relaxation with the health benefits of heat, you could try the sauna, steam room, heated marble beds and Vitality Pool, which uses air and water massage jets to melt away tension.

At Athenaeum, serious self-care is the order of the day. World-class aesthetic physician Dr Raina Rodrigues (née Zarb Adami) has merged her London Harley Street clinic, Aesthetic Virtue, with Athenaeum Spa. Her luxury boutique med-aesthetic clinics and expert staff combine high-quality services with medical standards to offer specialised facial



rejuvenation treatments, now exclusively available at Athenaeum.

To tend to your face, you might try a chemical peel and micro-needling, or perhaps injectables, such as Botox and dermal fillers. Athenaeum also exclusively offers painless, permanent laser hair reduction.

Quality alone time at Athenaeum is heavenly, but the spa is also ideal for couples, friends and family looking to reconnect away from daily distractions. For the quintessential five-star experience, you can also treat yourselves to an overnight stay at Corinthia Palace, an indulgent brunch or afternoon tea at Villa Corinthia and a Far Eastern dinner at Rickshaw.



A day at Corinthia Palace will recharge your batteries, leaving you refreshed and ready to take on anything life throws at you. It is safe to say that Athenaeum Spa is the perfect refuge.


For more information on Corinthia Palace or Athenaeum Spa, visit www.corinthia.com/palace, [@CorinthiaPalaceHotel](https://twitter.com/CorinthiaPalaceHotel) on Twitter, [@athenaumspamt](https://facebook.com/athenaumspamt) on Facebook and [@corinthiapalace](https://instagram.com/corinthiapalace) and [@athenaumspa](https://instagram.com/athenaumspa) on Instagram. 📍



The blueprint of well-being

[Society](#) [Business](#)

December 13, 2020 | 

 3 min read

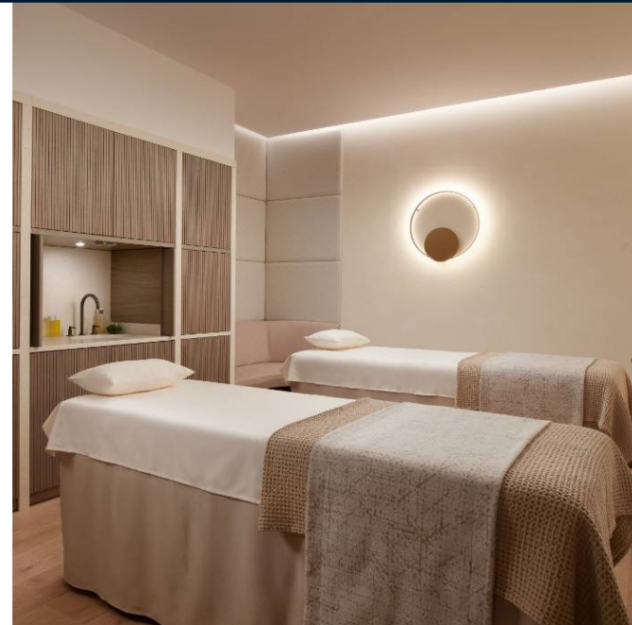


LATEST

Your Exclusive Look Inside Athenaeum Spa

Corinthia Palace in Attard is a name synonymous with five-star luxury in Malta and beyond. Where better to enjoy a day of exceptional pampering than at its new and improved Athenaeum Spa?

25th November 2020

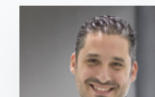


Share



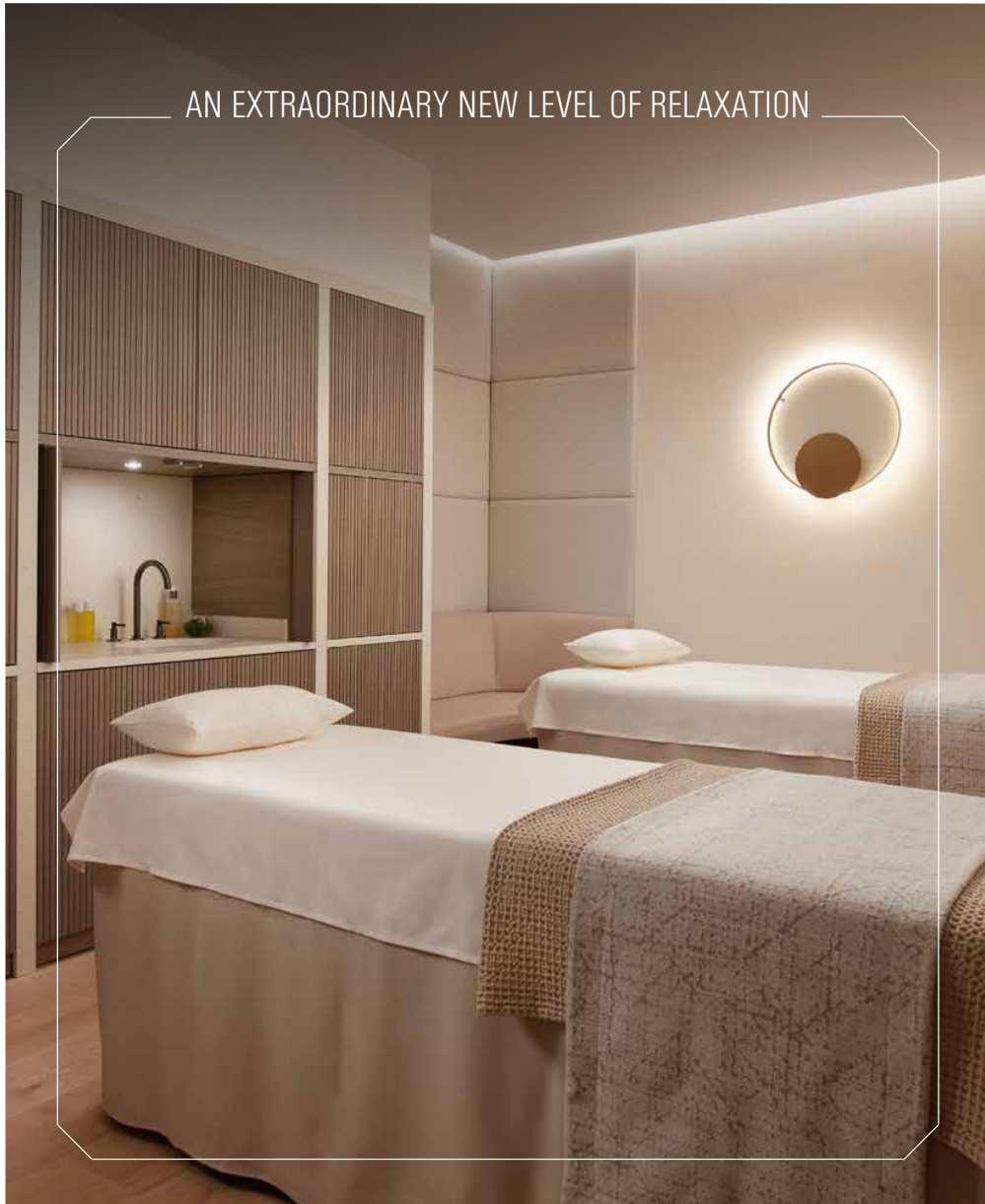
Equating Corinthia Palace with first-rate hospitality and high-calibre comfort is not a novel idea. Now, Malta's pioneer in upmarket elegance brings a new wave of luxury to the island. Adding to its allure this autumn is Athenaeum Spa, the place to begin your wellness and healing journey.

Trending articles



Who's Who in Malta: Meet Robert Zammit – Founder and Chief Executive Officer,

AN EXTRAORDINARY NEW LEVEL OF RELAXATION



ATHENAEUM

SPA

Join us from Wednesday to Sunday 10am to 6pm

Find out more at athenaeumspa.com

Call us on (+356) 2144 0301

Visit us at Corinthia Palace, Attard



Mastering the Art of Spa

Corinthia Palace's newly rebuilt and reimagined Athenaeum Spa opened its doors in October offering high-end treatments in an atmosphere of luxurious relaxation.

Athenaeum Spa is the perfect antidote to our daily stresses. With a pandemic, global warming, and political tension dominating international news, 2020 is one for the books. If there were ever a time to unplug and escape, this is it.

Switch off your phone and step inside – your sanctuary of blissful calm awaits. The new Athenaeum is an oasis of wellbeing like no other in the heart of Malta. Alleviating every guest's unique wellness and beauty concerns is the goal, so the spa has curated exclusive therapies using the world-renowned skincare brand ESPA.

Start your Athenaeum journey with an ESPA Mindful Massage, Inner Calm Massage or Scalp Massage – or throw caution to the wind and let the experts choose for you. Besides

seven treatment rooms, you can also share your experience with a loved one in the couple's suite. The health benefits of heat are also there for the taking at the sauna, steam room, heated marble beds, and Vitality Pool, which uses air and water massage jets to release tension.

At Athenaeum, serious self-care is the order of the day. World-class aesthetic physician Dr Raina Rodrigues (née ZarbAdami) has merged her London Harley Street clinic, Aesthetic Virtue, with Athenaeum Spa. Her luxury boutique med-aesthetic clinics and expert staff combine high-quality services with medical standards to offer specialised facial rejuvenation treatments, now exclusively available at Athenaeum.

To tend to your face, you might try a chemical peel and micro-needling, or perhaps injectables, such as botox and dermal fillers. Athenaeum also exclusively offers painless permanent laser hair reduction.

Quality alone time at Athenaeum is heavenly, but the spa is also ideal for couples, friends and family looking to reconnect away from daily distractions. For the quintessential five-star experience, you can also treat yourselves to an overnight stay at Corinthia Palace, an indulgent brunch or afternoon tea at Villa Corinthia and a Far Eastern dinner at Rickshaw.

A day at Corinthia Palace will recharge your batteries, leaving you refreshed and ready to take on anything life throws at you. It is safe to say that Athenaeum Spa is the perfect refuge. ■



For more information on Corinthia Palace or Athenaeum Spa, visit www.corinthia.com/palace, [@corinthiapalace](https://twitter.com/corinthiapalace) on Twitter, [@CorinthiaPalaceHotel](https://facebook.com/corinthiapalace) and [@athenaeumspamt](https://facebook.com/athenaeumspamt) on Facebook and [@corinthiapalace](https://instagram.com/corinthiapalace) and [@athenaeumspa](https://instagram.com/athenaeumspa) on Instagram